

Inside



■ Movies this week: 'Teenage Mutant Ninja Turtles,' 'The Last Mimzy' and 'Pride' (above) **B4**



■ Kristin Huitt is one of four Team Hickam members to reach the top tier of Air Force volleyball **B5**

Sports Shorts

North Shore Snorkeling at the Airmen Center — The Airmen Center is celebrating Cinco de Mayo with a snorkeling trip to the North Shore tomorrow. This event is open to Airmen E1-E4 and starts at 10 a.m. at Outdoor Recreation. There is a \$5 fee which covers transportation and equipment rental. For details, call 448-0418.

New Pool Hours & Fee — Pool 2, the recreation pool, new hours are Wednesday — Friday, 2-6 p.m. and Saturday and Sunday, noon — 5 p.m. Pool 2 daily fees are \$2.50. Monthly swim passes are for \$40 per month for a single member, \$30 per 2nd family member and \$20 per 3rd or more family member. For more information, please call 448-2223 or 449-8274.

Swim Lessons — Learning to swim is fun, a great workout and it just may save your life. Swim instructors use the best methods to teach people of all ages and abilities. Lessons span seven proficiency levels from water exploration to advanced skills and are open to all services. Swim lesson registration is Monday, May 7, from 5 to 6:30 p.m. For details, call 449-5215 or 448-2223.

Golf 4 Juniors — Registration for the Golf 4 Juniors program is now open. The program is held June 18, 19, 25 and 26, and July 9, 10, 16, 17, 23 and 24. Clinics are held each respective Monday and Tuesday. Three sessions daily: 1-1:45 p.m., 2-2:45 p.m., and 3-3:45 p.m. Two age groups: 8 to 10 and 11 to 14 year olds. The last lesson will consist of a playing lesson/golf outing at Ke'alahi Golf Course. A banquet will follow with the junior golfers receiving certificates of achievement. The banquets are July 23 and 24. For \$99 each junior golfer will receive a set of junior golf clubs (\$69 without clubs), shirt, hat, balls and tee pack along with the five lessons. Entry deadline is June 6. For details, call the Pro Shop at 448-2317 or 449-2525/6490.



Jill Metzger crosses the line as the first female finisher of the 2004 Air Force Marathon.

U.S. Air Force photo by Spencer Lane

AIR FORCE MARATHON ...

Five reasons to lace up those shoes

By Kathleen A.K. Lopez
Air Force Materiel Command
Public Affairs

If you think you have one good reason for not running the U.S. Air Force Marathon Sept. 15, here are five excellent reasons why you should.

For starters, it's the only marathon in the world where runners receive inspiration and encouragement from the skies above, as Air Force aircraft fly overhead continuously throughout the race.

Second, it's the premier Air

Force participatory athletic event recognized by the service's 60th Anniversary committee. Next, the race itself is only one of a plethora of marathon events that have grown into three days of festivities.

Additionally, the course is being recertified so that spectators will have more access to the marathon route. Finally, for Air Force Airmen, a new service-wide competition is debuting to determine which major command has the best long-distance runners.

In essence, the USAF Marathon, run in the heart of the birthplace of aviation — Dayton, Ohio — is the premier running event for the service.

Air power demonstrations

Since the inaugural Air Force Marathon in 1997, each one has distinguished itself from the others by designating an aircraft as the featured "star of the show." Thus, the marathon's "look" changes annually.

This year, the C-5 Galaxy carries the honor of represent-

ing the 2007 Marathon.

With the exception of the first marathon, where the featured plane was the Wright 1909 Military Flyer, all representative aircraft have been those in the modern-day Air Force arsenal.

Part of the distinction for an aircraft's crew, once the plane is identified to represent the marathon, is to fly it throughout the race to demonstrate its flying capabilities to ground spectators.

So far, other aircraft scheduled to fly this year include

the F-15 Eagle and the F-16 Fighting Falcon.

An Air Force 60th Anniversary event

While there are many Air Force 60th Anniversary events, the Air Force Marathon is the only committee-recognized participatory athletic event. Besides a tee-shirt and other trinkets, runners who take part in this year's race will declare a unique claim to fame.

"As an official 60th U.S.

See **MARATHON, B6**

'No shows' impact patient care at Tripler

By Mindy Anderson
Tripler Army Medical
Center Public Affairs

With a primary mission to deploy a healthy work force and ensure all military personnel and their families receive the highest quality of care, Tripler Army Medical Center is campaigning to increase awareness of the importance of keeping medical appointments.

Maj. Amy Brinson, executive officer, TAMC, noted that there were an estimated 6,956 "no-shows" from August 2006 to October 2006 — each of which stands to negatively impact servicemember healthcare.

"That's an average of 77 no-shows per day," she said. "At this rate, over the course of a year you would have 27,824 'no-shows' at an average cost of \$44.91, which equates to a loss of \$1.25 million."

Tripler faces that loss because of how Army hospitals are funded, according to Col. Derick Ziegler, deputy commander for administration and TAMC chief of staff.

"Every patient appointment we see results in workload generated, which translates into funding," he said. "So, when a patient doesn't show-up for a scheduled appointment and doesn't call to cancel, the appointment will go unfilled. Therefore we won't generate the workload credit and the associated funding."

Workload credit equates to funding for the hospital,

Col Ziegler added.

"It is the funding that allows us to hire the physicians, nurses, and support staff, and to buy the needed medical equipment," he said. "Simply put, unfilled appointments means decreased workload, which leads to reduced funding, which results in fewer staff."

Ziegler said there are many things beneficiaries can do to help.

"First of all, if you know that you will not be able to make a scheduled appointment, simply call to either reschedule or cancel the appointment," he said. "Ideally, we would like at least a 24-hour notice, but even canceling the morning of the scheduled appointment will still allow us to fill that appointment."

Organizers kicked off Tripler's "No-Show" campaign in November 2006 by placing posters in all facility main entrances and clinics.

The program is expanding to include placement of tent cards in all military dining facilities on the island, digital posters on military Web sites, postings on Command Information Channels, articles published in military newspapers.

Meanwhile, Major Brinson said she and other program organizers were counting on the continued commitment and support of local military leaders to help make the campaign a success and ultimately benefit servicemembers looking to Tripler for medical care.



Photos by Mindy Anderson

Army Spec. Tasha DeFalco, military police, 13th MP Detachment, Schofield Barracks, checks in with front desk clerk Quinton Bibbs at the Tripler Army Medical Center's Family Medicine Clinic.

Good clean fun was had by all



Photo by Michael Sanchez

The fun was nothing less than chaotic, the rules were a little bit crazy and misbehavior was clearly the order of the day at the 2nd annual 'Team Hickam Enlisted Combat Dining In' held at Area 61, last Friday, April 27. Hosted by Hawaii Top 3, the annual event was held for Team Hickam enlisted personnel, many of whom obviously don't mind getting a little messy.

First Friday
at the Officers’ Club

Celebrate “Cuatro de Mayo” at the O’ Club, Friday, tonight beginning at 4:30 p.m with our famous pupus. DJ Pat will get your hips moving with Latin music and salsa dancing until 11 p.m. Take a whack at the only piñata guaranteed to break. For more information, call 448-4608.

Sunday Seafood Buffet

The Sea Breeze Restaurant would like you to bring your mom to a special dinner by the sea, Sunday, May 13. Beginning at 5:30 p.m., enjoy fried scallops, crab legs, mahi mahi, shrimp scampi, steamed mussels, seafood lasagna and more. Cost is \$23.95 per person and reservations are recommended. Call 449-9900 for more information or to make reservations.

Summer Craft Camps

With an ounce of inspiration, a pinch of creativity and a sparkling of imagination, your child can craft a summer of enjoyment. The Arts & Crafts Center summer camp registration is now open. Classes are open to kids ages 5 and up. Fees are \$45 per child; \$40 per second child or more. Classes fill up fast, so sign up now. For a complete schedule, visit www.hickamservices.com/arts-crafts-center.asp.

Mother’s Day Grams

Surprise Mom by sending her a special delivery of bal-

loons, candies and a cool surprise. The fee for each Mother’s Day Gram is just \$20. The Community Center will deliver the grams, anywhere on base, next Friday, May 11, from 1 to 3 p.m. The deadline to sign up is Wednesday, May 9.

Dinner Theatre at the O’ Club — ‘Grease’

The Officers’ Club is proud to announce the return of Dinner Theatre. Enjoy a relaxing three-course meal at the O’ Club, Saturday, May 12, at 6 p.m. Following dinner, transportation is provided to and from the production of “Grease” held at the Army Community Theatre. For tickets or more information, call 448-4608.

Mother’s Day Brunch at the E’ Club

The Enlisted Club is serving Mother’s Day Brunch on Sunday, May 13. For your convenience, two different seating times are available; 10 a.m. or 12:30 p.m. Advance tickets are on sale now and are required for seating. Ticket prices are \$22.95 per adult (before \$2 Members First discount), \$9.50 for children ages 7-12 and \$5.95 for kids ages 3-6. Children under 3 eat free! For details, call 448-2271.

Mother’s Day Brunch at the O’ Club

The Officers’ Club is serving Mother’s Day Brunch on Sunday, May 13. For your

convenience, four different seating times are available; 10 a.m. or noon for lanai seating, 10:30 or 11:30 a.m. for indoor seating. Advance tickets (required) are on sale now and are \$22.95 per adult (before \$2 Members First discount), \$9.50 for children ages 7-12 and \$5.95 for kids ages 3-6. Children under 3 eat free! For more information, call 448-4608, ext. 15.

Comment & Win Northwest Airlines Grand Prize

Services Comment and Win Program actively seeks customer suggestions and feedback. Now there are three chances to win. Simply fill out a comment card or comment online at www.hickam-services.com and select the ICE icon. 1. Win \$250 in Services Bucks if your suggestion is implemented. 2. Win \$100 in Services Bucks from the random monthly drawing. 3. Now fly free to Asia or the U.S. Each month, every base in PACAF will draw names of finalists who will be entered in the Grand Prize drawing for six Northwest Airlines roundtrip tickets. The Grand Prize drawing will be held after September 30. Visit www.hickamservices.com for official rules and details.

Air Force Clubs Scholarship

Club Membership has its benefits. Six individuals will be selected to receive a share of \$25,000 in scholarship

money. To enter, write and submit an essay of 500 words or less on this year’s topic: “Why is air superiority critical today.” All essays must be submitted to 15th Services Marketing, Hangar 2, Suite 215, no later than June 15. Entry forms can be found at www.afclubs.net or www.hickamservices.com and at your club.

Hawaiian Island Cruise Special

Seven and 10-day cruises are schedule to depart from now through May 21. Cruise the Hawaiian islands of Maui, Kauai and the Big Island in style aboard one of four cruise ships. Prices range from \$399 to \$1,349 per person, and are based on cabin type and ship choice. Cabin choices are inside, ocean view, balcony and mini suite. These special prices are open to military, DOD civilians and retirees. Tickets go fast, so make your arrangements now! Call 448-2295 for more information.

32nd Annual Hickam Spring Craft Fair

If you are an artist or crafts person, novice to professional, you are invited to take part in our craft fair. Registration continues through Friday, May 4, at the Arts & Crafts Center Gallery. Cost is \$65 per booth (single occupancy) or \$85 per booth (double occupancy). The fair is held Saturday, May 5, from 9 a.m. to 3 p.m. For more information, call 449-1568.

Hickam Hero

Tech. Sgt. Taiya Jerome
613th AOC Combat Operations Division

Your unit rocks because: Our unit is the perfect example of Airmen from diverse professional backgrounds working together as a team to serve one mission/goal.


My job affects all of Hickam in that: The mission inside the AOC not only reaches the span of the Pacific, but the entire globe. On a daily basis, we have play in humanitarian assistance, personnel recovery, and aircraft reconnaissance work ... it’s something different every day.

When not at work, I spend my off duty time: Usually hiking or exploring the island with my husband. With only 24 months to go, I feel like we still have so much to do and see!

Something people don’t know about your unit: Our unit is made up of numerous AFSC’s both enlisted and officer who are filling special duty assignments. We also work side by side with the Navy and Army daily which really enhances our understanding of the sister services.

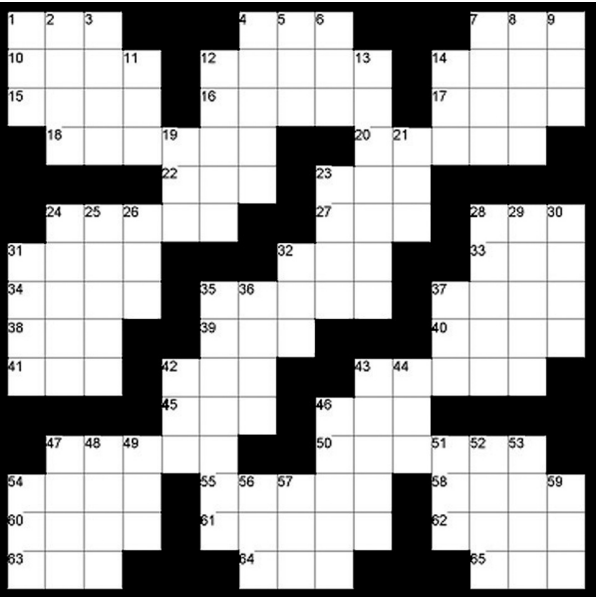
If I could change one thing about Hickam, it would be: The base gym would be 24/7 and the base theater would be renovated.

What the supervisor has to say: I can not think of another NCO that can measure up to her perfect mix of people and mission leadership style. I would like to share a quote from John Quincy Adams that truly reflects Tech. Sergeant Jerome’s character:“If your actions inspire others to dream more, learn more, do more and become more, than you are a LEADER.”



Senior Master Sgt John Kubik,
Superintendent, Combat Operations Division

Crossword Puzzle: Asian-Pacific American Heritage



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Earlier
- 4. Accountant title, in short
- 7. Quick rest
- 10. MG John ____; first Chinese-American to attain general rank
- 12. Michael ____; Chinese-American who was youngest Grand Slam winner
- 14. Malarial fever
- 15. Weight of wrapping, receptacle, or conveyance containing goods
- 16. Surpass
- 17. Hiram ____; first American of Asian descent to be elected to U.S. Senate
- 18. Arthur's wizard
- 20. Informal term for an Air Force First Sergeant

- 22. Phoebe ____; Asian-American author, strategist and lecturer
- 23. Greek letter
- 24. Bazaars
- 27. Head covering
- 28. Sandwich order
- 31. Single-named Japanese-American who found first US Asian-American theater company
- 32. Commandment
- 33. NJP less than an Article 15
- 34. Land measurement
- 35. Malinger
- 37. Crazy
- 38. ____ Paolo
- 39. Amy ____; Chinese-American award-winning author
- 40. Gooley
- 41. Male offspring
- 42. Chinese-American architect famous for the Louvre pyramid
- 43. Woodworking tool

- 45. Auger
- 46. Rep.'s congressional counterpart
- 47. Daniel ____; first native Hawaiian to serve the U.S. Congress
- 50. Provisions
- 54. Patsy ____; first Asian-Pacific American woman elected to Congress
- 55. Reigns over
- 58. Easy ____ it
- 60. Opera piece
- 61. Eugene ____; first Vietnamese-American in space
- 62. Middle East canal
- 63. Standard time in fifth time zone west of Greenwich, England
- 64. Yuan ____; Taiwanese-American Nobel Prize chemist
- 65. Mao ____-tung

DOWN

- 1. Rear of the ship
- 2. Island included in monthly observance
- 3. Shrek was one
- 4. Connie ____; first Asian-American to anchor nightly network news
- 5. Karate Kid's ____ Morita; Japanese-American actor
- 6. Conjunction
- 7. Haing S. ____; Academy Award winning Thai-American actor
- 8. Female relative
- 9. Wooden stick
- 11. Death Becomes ____
- 12. Quarters, dimes and nickels
- 13. T-45A
- 14. ____ 36-2903 Air Force Dress and Appearance
- 19. Allow
- 21. Smack
- 23. Bum
- 24. Small SE Asia islands
- 25. Ohio city
- 26. Fish eggs
- 28. Julia ____; first Asian-American ambassador in State Dept.

- 29. Gary ____; 1st Chinese-American to be elected a state governor
- 30. City of the Iliad
- 31. Weight
- 32. Maya ____; Asian-American architect of the Vietnam Memorial
- 35. Jean-Luc Picard actor Patrick
- 36. Greet
- 37. Radiant shine
- 42. LPGA Korean golfer Se Ri ____
- 43. Dog need
- 44. Picnic crasher
- 46. Play part
- 47. Broadcasts
- 48. Sew
- 49. Alias identifier
- 51. O'Neil and Harris
- 52. Cakewalk
- 53. Observes
- 54. Actress West
- 56. Web site address starter
- 57. Fib
- 59. Wilbur ____; first Chinese American officer in USMC

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

		7	4		8	6	1		
6			3		1				
1			5	7					
8	4								2
	6							1	
5								9	6
					3	5			9
					4		7		5
			5	6	9		2	4	

Team Hickam History

The Air Force’s most historic airfield

May 10, 1926 — While attending the Air Corps Tactical School at Langley Field, Virginia, Horace Hickam narrowly escaped death. During a flight formation, he collided in mid-air with Maj. Harold E. Geiger, a fellow student, and had to parachute to safety. This resulted in his initiation into the famed “Caterpillar Club,” a fraternal order with membership based on surviving an emergency parachute jump. By coincidence, Major Geiger was the same aviator who tried to establish the first military aviation school on Oahu, at Fort Kamehameha, in 1913.

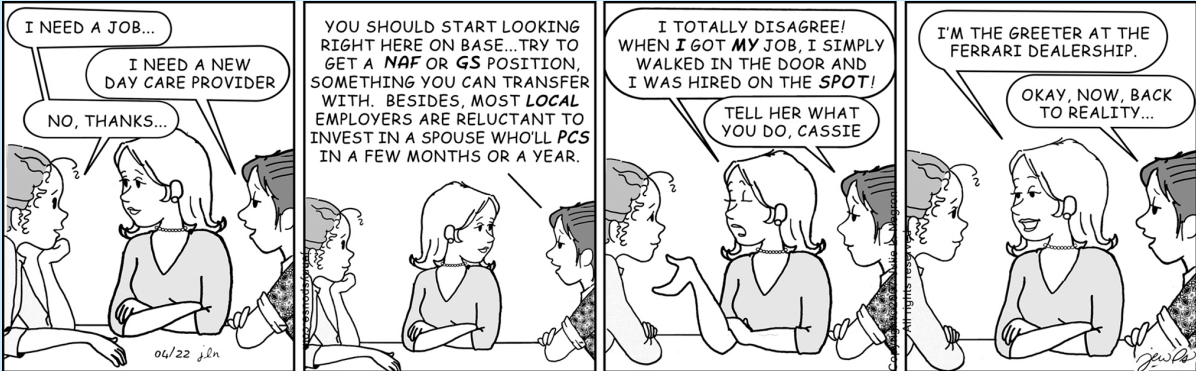
May 9, 1932 — Capt A. F. Hegenberger made the first blind solo flight relying solely on instruments. (Capt. Hegenberger had previously made the first non-stop Mainland-to-Hawaii flight with Lt. Maitland in 1927.)

May 6, 2003 — Hickam officially opened the “Aloha Conference Center” on Vickers Street near the wing headquarters building. The Aloha Conference Center was an award-winning remodeling of the old base “Aloha Theater” movie theater.



Get a Job

Jenny



CHAPEL

Editor’s note: For more information on Base Chapel services or for prayer requests, call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT	JEWISH	CATHOLIC	BUDDHIST	ISLAMIC
Nelles Chapel	Aloha Jewish Chapel,	Nelles Chapel	Honpa Hongwanji Hawaii	Friday Congregational
Sunday Contemporary	Pearl Harbor	Weekday Mass 11:30 a.m.	Betsuin A Shin Buddhist	Service
Service 8:30 a.m.	473-0050	Saturday Confessions	Temple	(1935 Aleo Place, Punahou)
Sunday Gospel Worship	Jewish Lay Leader	4:15 p.m.	536-7044	1 p.m.
11:15 a.m.	Mr. David Bender	Saturday Mass 5 p.m.		Muslim Association
Sunday Praise Gathering	527-5877	Chapel Center		of Hawaii
5:30 p.m.	Naval Station Chapel	Sunday Mass 10 a.m.	ORTHODOX	947-6263
Chapel Center	473-3971		For more information	
Sunday Traditional 8:30 a.m.			call 438-6687	

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m. • Saturday, 4 p.m. • Thursday, 7 p.m.



TEENAGE MUTANT NINJA TURTLES (TMNT) – Following the defeat of their arch nemesis Shredder, the Turtles have drifted apart. Struggling to keep them together, rat sensei Master Splinter becomes worried when strange things begin to brew in New York City. Tech-industrialist Max Winters is amassing an army of ancient monsters in a plot to take over the world. And only one super-ninja fighting team can stop them: Those heroes in a half shell — Leonardo, Michelangelo, Donatello and Raphael! With the help of old allies April O’Neil and Casey Jones, the Turtles are in for the fight of their lives as they face the mysterious Foot Clan, which has put its own ninja skills behind Winters’ dastardly plan. Starring (the voices of) Patrick Stewart and Sarah Michelle Gellar. Rated PG for animated action violence, some scary cartoon images and mild language – 87 min.

Friday, 8:30 p.m. • Saturday, 7 p.m.



THE LAST MIMZY – When two children discover a mysterious box, they’re delighted to find intriguing devices they think are toys. Oddly, though, the more they play with them the smarter they become. Soon, both their teacher and their parents recognize the children have grown beyond genius-level intelligence. When queried by her mother, Emma, the younger of the two, tells her that one of the toys, a beat-up stuffed toy rabbit, is named Mimzy and that “ she teaches me things.” As Emma’s mom becomes increasingly concerned, a blackout shuts down the city and the government traces the source of the power surge to Emma’s family’s house. Starring Rhiannon Leigh Wryn and Rainn Wilson.

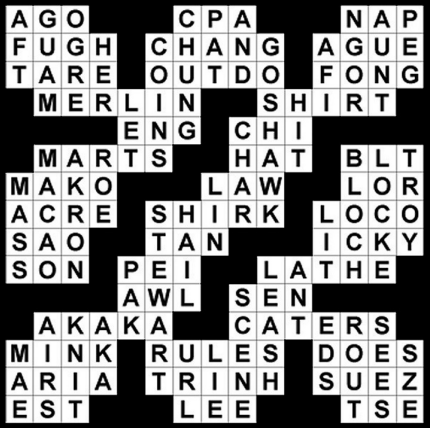
Rated PG for some thematic elements, mild peril and language – 98 min.



PRIDE – It’s 1973, and Jim Ellis, a college-educated African-American, can’t find a job. Driven by his love of competitive swimming, Jim converts an abandoned recreational pool hall in a Philadelphia slum into an indoor swimming facility. Unfortunately, the dust has hardly settled before city officials target this new Philadelphia Department of Recreation for demolition, Jim fights back by starting the city’s first African-American swim team, recruiting troubled teens from the streets. With time running out before the scheduled demolition, Jim struggles to transform a motley team of novices into capable swimmers — all in time for the upcoming state championships. Starrubg Terrence Howard and Bernie Mac.

PG – thematic material, language including some racial epithets, and violence – 104 min.

SOLUTIONS, From B3



SUDOKU, From B3

2	7	4	9	8	6	1	5	3
6	5	3	2	1	4	9	8	7
1	9	8	5	7	3	6	2	4
8	4	9	3	6	1	5	7	2
7	6	2	4	5	9	3	1	8
5	3	1	7	2	8	4	9	6
4	2	7	1	3	5	8	6	9
9	1	6	8	4	2	7	3	5
3	8	5	6	9	7	2	4	1

By Mark Munsey
Special to the Kukini

Two rosters, two nets, two weeks. Drills followed by water. Back to drills. And then a few more drills. But then the scrimmages came, and the personality of each team comes into focus. Not everyone who made the trip here will get to help be part of that make-up, with final cuts having taken place earlier this week.

Welcome to the basketball player’s worst enemy, the gym-owning 2007 women’s and men’s Air Force volleyball tryouts at the base fitness center. Anyone who has ventured near the center since mid-April, but this week especially, was welcome to sit and see the rewards of the roster competition.

Of the 22 athletes selected to represent the Air Force next week at the Armed Forces tournament at West Point, the United States Military Academy, four are from Hickam.

But the quartet is not strangers to each other on or off the hardwood. Each has tasted the same AF-level volleyball success for the last three years.

Kristin Huitt

Still months away from seeing her 18-year-old-arm extend to receive her high school diploma, Huitt started a series of actions that would assure her an opportunity to represent the Air Force at it’s zenith of volleyball excellence for the next seven years.

After seeing several college campuses on volleyball recruitment visits, her feet ended up on Air Force Academy grounds.

‘It did have a pretty good home field advantage,’ Huitt said.

That advantage paid off. A four-year starter at setter, volleyball’s equivalent of point guard, Huitt set the academy’s all-time assist record and spent time ranked number six nationally by the NCAA in assists per game.

“The academy experience is something I knew would be unique and it exposed me to an ops grind that is probably greater than at regular universities,” she said. “That, and flying right on my doorstep.”

That flying led to her selection as a C-17 pilot, assigned to the 535th Airlift Squadron. She’s since added three more years to her streak of setting the best hitters in Blue.

Huitt owns the line with quiet confidence. Through gestures, eye contact and repetition, she hopes to speak a language only her and her hitter can



Photo by Mark Munsey

Kristin Huitt, 535th Airlift Squadron, made the Air Force volleyball team for the third year in a row.

immediately interpret. The number of times her teammates have crushed on short-numbered or ill-formed defensive walls is a tribute to her setting with a gunslinger’s mentality.

Kai Kahele

There was extra spring in his step, equaled later than night in his leap, during one of the men’s first scrimmages. And for good reason; playing a squad comprised of current and former players from University of Hawaii was practically a reunion for the 1998 UH graduate. Kahele was a four-year member of the school’s volleyball team.

After college came the Hawaiian Air National Guard and undergraduate pilot training, eventually pro-

FANTASTIC FOUR

Hickam aces qualify for Air Force volleyball teams



Photos by Mark Munsey

(Above) Kai Kahele and Miguel Vallejo form a defensive duo during scrimmage Sunday. Kahele, assigned to the 204th Airlift Squadron, Hawaii Air National Guard, and Vallejo, 324th Information Squadron, are two of four team Hickam members to make the Air Force team.



(Left) Kevin Szymanski, Headquarters Air Force Center for Environmental Excellence, prepares to bump back a spike during scrimmage play Sunday. Like his three Team Hickam counterparts, Szymanski is participating in his third straight Air Force-level competition and will put all the training to the test when he represents the AF at the armed forces tournament at West Point next week.

gressing to his current billet.

Much like Huitt, Kahele is a C-17 pilot, assigned to the 204th Airlift Squadron, HIANG. Together, they comprise the two coin sides of Hickam’s precedent-setting C-17 mission; active duty and Guard side by side.

An outside strong hitter by position, Kahele moves effortlessly through all the stations, excelling at the dig.

His first year on team Air Force won the competition, beating the Army in the finals. Last year the results were reversed.

“This is the rubber match,” he said

The fact the Army is the head that currently wears the service volleyball crown only helps to sweeten the tournament location.

“There’s going to probably be about 5,000 Army cadets cheering their team on,” he said.”I can’t wait.”

Strong showing on Saturday



Photo by Ashley Jones

Staff Sgt. Ken Wilson (front right), PACAF Network Operations Support Center, won the lightweight division and the overall title of Mr. Armed Forces Hawaii in the Annual Armed Forces Bodybuilding Championships held on Saturday, April 28, at Pearl Harbor Substation. Competing in his first bodybuilding contest, Tech Sgt. Marvin Thompson (front left), PA RSC/Joint Intelligence Operations Center, won the heavyweight contest. Lt. Col. Joe Yezzi (not pictured), Pacific Air Forces, won the welterweight division and went on to compete in the overall contest finals with Sergeant Wilson.

Kevin Szymanski

Unsolicited, one team member wanted it documented what some have taken to calling him ... The Machine.

Also in his third year of AF camp experience, Szymanski’s standing on the team makes him a poster boy for work ethic. Barely getting off the bench on last year’s team, even less game time the year before, The Machine has become one of the team’s most explosive and lethal weapons.

“He’s absolutely crushing this year,” Kahele said.

Rising for a hit, Szymanski’s body contorts upwards in stages, like an insanely in-shape slinky in reverse. The elevation momentum of his legs subsides, hovering while his torso continues the ascent. Finally, his arm uncoils on a Wilson that has a solid chance of quickly meeting the opponent’s courtside.

Joining the team from the Headquarters Air Force Center for Environmental Excellence, he doesn’t take for granted this on-going opportunity.

“I can dedicate to just playing volleyball,” he said. “It’s a special feeling being part of such a reputable group.”

Miguel Vallejo

Like his three teammates, he has been in the AF-level volleyball fold for three years. He’s also had his share of pre-military volleyball recognition, making history along the way.

Vallejo was a senior at Miami’s Southwest Senior High the first year the state of Florida sanctioned boy’s volleyball leagues. Southwest brought home the first-ever male volleyball crown, as well as the school’s first state championship in anything in the previous 20 years.

Accolades and representing the AF aside, there is something else the outside hitter enjoys.

“I like to blast people in the face,” he admitted.

When not providing complimentary leather facials, Vallejo owns a jump serve that explodes upon contact and can always been found in the men’s team better-constructed walls at net.

This may well be his last year on the AF team. Vallejo will soon be working towards a new AF uniform: commissioned officer, thanks in part to Kahele and Szymanski.

“They’ve both been huge in helping me prepare for testing and applications for the SOAR program,” he said. “Probably their greatest assist came off the volleyball court.”

Four team members representing the array of missions and components on Hickam, all united in one cause.

Bring volleyball gold back home to the Air Force family.

FITNESSTIPS

MODEL: Senior Airman Robert “Bo” Bond, Fitness Specialist at Hickam Fitness Center
INSTRUCTOR: Airman 1st Class Lamarr Sherrod, Fitness Specialist at Hickam Fitness Center

EXERCISE: Raised Plank

MUSCLE GROUP: Core

Assume the front leaning rest (push-up) position with elbows extended and hands positioned under your shoulders

- Draw your lower abdomen inward towards your spine
- Ensure postural alignment tighten buttocks and lift body up
- While maintaining the abdominal draw-in contraction, hold the alignment for the time desired (example...30 seconds) and repeat repetition as needed
- You spine should be in the neutral position and glutes should remain tight without compensatory motion



- Keep chin tucked in
- Reduce time if necessary — form is more critical to the exercise than duration.

Photo by Master Sgt. Benny Miguel, Hickam Fitness Center Section Chief

Abuse Awareness 5K raises funds for SATC

By **Angela Elbern**
Hickam Kukini photojournalist

Approximately 250 runners, walkers and strollers gathered at Freedom Mall on Thursday, April 26, to take part in the April Abuse Awareness Family 5K. The purpose of the event was to promote awareness to help reduce child abuse, sexual assault, alcohol abuse — and to show support for victims. “It’s the first run we’ve done,” said Capt. Samantha Haberlach, Sexual Assault Response Coordinator. “Last year we did a breakfast.”

The captain said the run generated \$647 on behalf of the Sexual Abuse Treatment Center, which provides, without charge, a 24-hour crisis hotline, specialized medical examinations to victims of rape, legal evidence collection, victim support and advocacy



Photo by Angela Elbern

Col. Jeffrey Stephenson, 15th Airlift Wing Vice Commander, steps the pace during the April Abuse Awareness Family 5K, held on Thursday, April 26, at Freedom Tower Mall.

during contact with law enforcement personnel and the legal system. “Air Force victims are often referred to (the center),” she said, adding that SATC relies on donations, as well as state funds, to operate.

Captain Haberlach noted that SATC also offers counseling for individuals recently assaulted or assaulted in the past (including adults sexually abused as children), as well as for family members and significant others. SATC also performs education-

al presentations to schools, community organizations, businesses and other groups. The group also works to support policies and laws to protect the rights of sexual assault survivors and to promote community safety, she said.

Assistant SARC Winnie Chrismer emphasized that the run was a community effort, with three agencies playing a vital role: SARC, the Family Advocacy Program, and Alcohol Drug Abuse Prevention and. She also noted

that these agencies worked with the 15th Aeromedical Dental Squadron’s Health and Wellness Center, which coordinated the event safety measures. Other Team Hickam units contributed to the event, as well.

“The 15th Airlift Wing Security Forces Squadron and the Fire Department were essential to the success, as were many other individuals who volunteered to assist with set-up, take down, monitors, registration and water stations,” Ms. Chrismer said.

Event organizers called the event a success, and are making plans for a follow-up event.

“It was a good little turnout,” said the HAWC’s Tech. Sgt. Demetra Turner. “It was well-organized and it was for a good cause. Captain Haberlach and Winnie did an awesome job.”

MARATHON, From B5

Air Force Anniversary event, runners participating in the 2007 U.S. Air Force Marathon, too, will become a permanent part of our service’s history,” said Gen. Bruce Carlson, AFMC commander.

Three days of activities

So maybe you’re not up for running an entire 26.2-mile marathon. There are other options to consider, including a half-marathon, wheelchair and four-person marathon relay races.

Other associated Air Force Marathon activities include the Sports and Fitness Exposition on September 13 and 14 at WSU’s Ervin J. Nutter Center,

and the Gourmet Pasta Dinner, September 14, at the National Museum of the United States Air Force. World-renowned runners Alberto Salazar and Dick Beardsley and legendary coach Bill Squires will sign autographs, conduct clinics, speak at the dinner and will participate in the Saturday races, she said.

A recertified course

One thing long-distance runners appreciate more than anything is the throngs of people cheering them on throughout the race, Ms. Loudén said. While the race is open to the public to run it, parts of the course have not been open to



U.S. Air Force photo by Tech. Sgt. Tracy L. DeMarco

Runners charge across the starting line during the ninth annual U.S. Air Force Marathon at Wright-Patterson Air Force Base, Ohio.

spectators since 2001.

This year, the race is being recertified, she said. Thus, family, friends and other well-wishers will be able to better position themselves to cheer on runners throughout the race.

“We are changing the route to include streets in both neighboring downtown Fairborn, and on the Wright State University campus,” she said.

A new competition

New for Airmen is the addition of a service-wide competition, which will determine which major command in the Air Force has the best long-distance runners. And, the

stakes are high: The winning major command of runners will be the recipient of the first Air Force Marathon Commander’s Trophy.

The competition will be based on a point system which factors both participation and performance in both the full- and half-marathon events, Ms. Loudén said. The challenge is intended to serve as incentive for MAJCOMs to encourage participation in this nationally-recognized fitness event.

The trophy will be awarded annually to the commander of the winning major command by the Air Force chief of staff during the fall Corona.